

# The Messages of Your Body

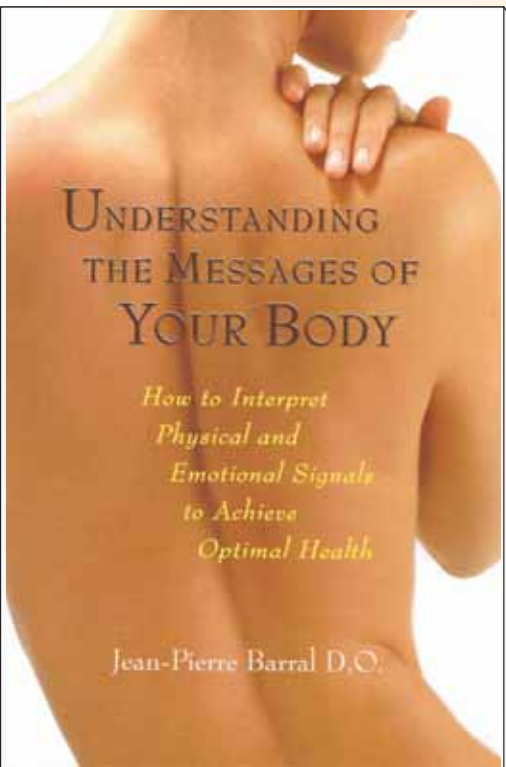
Citing his development of Visceral Manipulation (VM), Jean-Pierre Barral was named one of TIME magazine's Top Healing Innovators to watch for in the new millennium.

The visceral system relies on the

interconnected synchronicity between the motions of all the organs and other structures of the body. At optimal health, this harmonious relationship remains stable despite the body's endless varieties of motion. But when one organ cannot move in

harmony with its surrounding viscera due to abnormal tone, adhesions or displacement, it works against the body's other organs, as well as muscular, membranous, fascial and osseous structures. This disharmony creates fixed, abnormal points of ten-

sion that the body is forced to move around. In turn, that chronic irritation paves the way for disease and dysfunction throughout many systems of the body - musculoskeletal, vascular, nervous, urinary, respiratory and digestive to name a few.



extremely receptive to our emotions and feelings. Our organs react depending on the intensity, the severity, and the duration of the stress they encounter. Every person has his or her weak links, an organ or body part that is more vulnerable than the others and becomes the main target of stress. There is often a genetic predisposition to weakness of a particular organ, but it may have become weak due to an unhealthy lifestyle.

Sometimes pain originates with an emotional upset, which then creates distress in the associated organ. Sometimes an organ is physically damaged, and this stimulates the

associated emotional traits to emerge. Not all the symptoms are necessarily present in one individual, and we all show signs of each tendency at different times. When the physical problem improves, the person's behavioral stability returns, to a greater or lesser degree. Conversely, if the behavioral component improves, the adverse physical symptoms will lessen. But the tendencies pertaining to the weak link will remain and arise again if the organ encounters a new problem. Being aware of the psycho-emotional connection with the organs will assist in achieving and maintaining optimum well-being.

If you want to experience this gentle work and to locate a practitioner in your area, visit [www.barralinstitute.com](http://www.barralinstitute.com) and click on "Find a Therapist".

## Visceral Manipulation Enhances Your Practice

VM techniques can be easily integrated into all types of manual therapy practices. Due to the gentle nature of VM, you preserve your body while helping your clients. Training is ongoing, so please visit our website, [www.barralinstitute.com](http://www.barralinstitute.com), or call (866)522-7725 ((866)5-BARRAL) for more information and upcoming classes.

In our classes you will:

- Learn proven VM techniques that will advance the efficiency

and effectiveness of your treatments - greater results in less time.

- Learn how structural relationships (peripheral, spinal, cranial) can self-correct after VM due to the organ-specific fascial mobilization.

Incorporating VM into your practice can help you expand into new areas or enhance the areas in which you already specialize. You also become known as an expert in your area, while also gaining access to a national and international referral network of VM practitioners.



Jean-Pierre Barral is a Registered Physical Therapist and Doctor of Osteopathy who serves as Director (and Faculty) of the Department of Osteopathic Manipulation at the University of Paris School of Medicine in Paris, France. He is a Member of the Registre des Ostéopathes de France and earned his diploma in Osteopathic

Medicine in 1974 from the European School of Osteopathy in Maidstone, England. He went on to teach spinal biomechanics at the institution from 1975-1982. He developed the modality of Visceral Manipulation based on his innovative theory that each internal organ rotates on a physiological axis. In collaboration with Alain Croibier, D.O., Jean-Pierre Barral has also developed the modality of Nerve Manipulation.

Check us out on the web at [www.barralinstitute.com](http://www.barralinstitute.com) or call for more information (866)522-7725 (866)5-BARRAL

## Understanding the Messages of Your Body

How to Interpret Physical and Emotional Signals to Achieve Optimal Health

By Jean-Pierre Barral, DO

The body retains the memory of trauma, whether it's physical or emotional. In intense stress situations, the brain passes the excess stress on to the organs, whose fibrous matter immediately records the emotion. This sets off a psychosomatic reaction; the human body is the seat of a permanent "emotion-organ-behavior-organ" cycle. Each organ is connected to specific emotions. When we feel an emotion, it's not our foot or our chin reacting, but our organs. Conversely, they are